



Family Pages

Spring 2016

Delaware Opportunities Inc.
Child Care Resource & Referral
35430 State Hwy 10, Hamden, NY 13782
"Building Excellence in Child Care"

607-746-1620 Fax: 607-746-1648
Toll Free: 877-746-2279
daycare@delawareopportunities.org
www.delawareopportunities.org

Join Child Care Resource & Referral's
Lunch & Learn Event
FREEDOM OF MOVEMENT
With Sarah Gould-Houde
Infant & Toddler Specialist
Capital District Child Care Council

May 2, 2016
11am-1pm
Delaware Opportunities Inc.
35430 State Hwy. 10
Hamden, NY 13782

- Discuss how limiting the time an infant spends in a swing, carrier, walker, bouncy seat, etc. allows maximum gross motor development helping an infant to become self-confident, secure, and happy.
- Explore ways to create a safe space to implement freedom of movement.

This is a free event!
-Please bring your lunch-
Registration is required
Contact a Day Care Specialist at
607-746-1620 or by email at
daycare@delawareopportunities.org
to reserve your seat!

Save the Date!
Delaware Opportunities Inc.
8th Annual Children's Festival

Imagine, create, participate...
Learning fun for everyone!
June 29, 2016
10am-2pm

Enjoy a fun filled day of hands-on activities with your children and the children you care for.
Dress for Play! * All Activities are FREE
Refreshments * Rain or Shine

35430 State Highway 10, Hamden, NY
607-746-1620

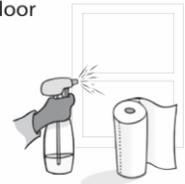
Lead-Free Kids

for a healthy future



Keep your home lead safe

- Leave your shoes at the door
- Wet mop and wet clean
- Use a HEPA vacuum
- Make safe home repairs on homes built before 1978



Test your children

- All children should be tested for lead at **age 1** and again at **age 2**.

Get the facts

- Lead exposure can harm young children, pregnant women and unborn babies.
- You can't tell by looking. Even Children who seem healthy can have high levels of lead in their bodies.
- Find more facts at:

Delaware County Public Health
call 607-832-5200
www.delawarecountypublichealth.com



Lead poisoning can be prevented.

Build a Boat

Children create their own boat from recycled materials and test their boats in water.

Materials:

- Tape
- Pipe cleaners
- Miscellaneous recycled materials including plastic bottles, popsicle sticks, plastic cups, plastic drinking straws, milk cartons, egg cartons, pie tins, etc.



Procedure:

Let your child create their own design –however goofy! When the boats are finished, try floating them in a tub, sink or wading pool (always supervise your child around water). Does it float? Sink? Would different materials make a difference? What changes can be made?

Parenting Education Opportunities

The Family Service Association

277 Chestnut Street
Oneonta, NY 13820
607-432-2870

-Parent education workshops offered to all area parents and caregivers. Topics include information about parenting skills and child and adult development.

www.fsaoneontany.org

Cornell University Cooperative Extension of Delaware County.

34570 State Hwy. 10 Suite 2
Hamden, NY 13782
607-865-6531

www.ccedelaware.org

-Nutrition Education programs that assists income-eligible families and youth improve health.

Hancock Community Children's Center

316 W. Main St.
Hancock, NY 13783
607-637-3146

www.hancockeducationfoundation.com

-A free drop-in center for parents and caregivers and their children 0-3. The Children's Center offers a safe, fun atmosphere to learn and play. FREE monthly programs focusing on nutrition and parenting.

Family Resource Network

46 Oneida St.
Oneonta, NY 13820
607-432-0001

www.familyrn.org

-Serving individuals with disabilities and their families. Visit their website to find upcoming events, training opportunities, newsletter, support groups and additional resources.

Southern Tier Independence Center

135 East Frederick Street
Binghamton, NY 13904
607-724-2111

-Early Childhood Direction Center:

ecdc@stic-cil.org

<http://www.stic-cil.org/ecdc.html>

-Parent Technical Assistance Center

ptac@stic-cil.org

<http://www.stic-cil.org/ptac.html>

ZERO TO THREE

Little Kids, Big Questions podcast series addresses some of the most common issues facing parents of babies and toddlers. Series of 12 podcasts. No charge. Visit

www.zerotothree.org

WEEK of the YOUNG CHILD Celebrating Our Youngest Learners April 10-16

The **Week of the Young Child** is an annual celebration sponsored by the National Association for the Education of Young Children (NAEYC) celebrating early learning, young children, their teachers and families. Following are some ways you can join in the fun!

Music Monday: Sing, dance, stomp, clap, or drum to music.

Taco Tuesday: Create your own healthy tacos. Your child can help measure ingredients, tear lettuce, and stir in seasoning.

Work Together Wednesday: Children learn math, science and literacy skills when building with blocks, boxes, plastic containers or couch pillows.

Artsy Thursday: Use any materials – crayons, paint, clay or crafts. When children make choices, use their imagination and create with their hands they develop creativity and fine motor skills.

Family Friday: Spend time together sharing pictures and stories of your family. Tell stories of when your child was a baby or something you did as a child.

For more information on NAEYC's Week of the Young Child visit <https://www.naeyc.org/woyc>.

Strawberry Muffins

Ingredients

2 cups flour
2 teaspoons baking powder
½ teaspoon salt
½ cup unsalted butter, softened
¾ cup applesauce (unsweetened)
½ cup sugar
2 eggs
1 tablespoon vanilla extract
1 ½ cups strawberries (washed, dried, and chopped)



Instructions

Preheat oven to 375F. Lightly spray a muffin pan, or use paper liners. In a medium bowl, mix the flour, baking powder, and salt. With a mixer, beat the butter for 30 seconds, until light and fluffy. Add the applesauce, sugar, eggs, and vanilla, and mix until combined. Fold in the strawberries. Divide the batter among the baking cups. Bake for 15-20 minutes, or until a toothpick comes out clean. Enjoy! Keep the extras in an airtight container or freeze and save for later.

www.momables.com